

Aviation Enforcement Agent

Preemployment Fitness Test-1 (PFT-1)

Fact Sheet



What is the PFT-1? The PFT-1 is a battery of physical fitness tests administered to candidates being considered for employment in the U.S. Customs and Border Protection (CBP) Aviation Enforcement Agent (AEA) position. All candidates in the position are required to participate in the PFT-1 to continue in the hiring process.

What fitness tests are included in the PFT-1 battery? The AEA PFT-1 is divided into two parts and will be administered in the following order:

Part One

- **Push-Up Test** – a timed test that requires you to complete as many proper form push-ups in 60 seconds with a minimum of 12 repetitions
- **Side Step Test** – a timed test that requires you to complete as many outside line touches/crosses and center line crosses as possible in 10 seconds with a minimum of 9 touches or crosses (2 trials given)
- **Sit Up Test** – a timed test that requires you to complete as many proper form sit-ups in 60 seconds with a minimum of 20 repetitions

Part Two

- **Step Test** – a timed test that requires you step up and down on a 12-inch high platform at a rate of 120 steps per minute to a metronome cadence for 5 minutes

When do I take the PFT-1? The PFT-1 will be scheduled after you are given and accept the conditional offer of employment.

Will I have to undergo medical screening prior to the PFT-1? Yes, a basic medical screening will be conducted which includes:

- Heart Rate = \leq 100 beats per minute
- Blood Pressure = \leq 140/90
- EKG

If your medical screening indicates that you cannot take the PFT-1, you will be referred to the Minneapolis Hiring Center (MHC) for instructions regarding further follow-up.

Where will I take the PFT-1? It is conducted at a local CBP-contracted facility. Please note that travel to the facility is at your own expense.

What if I have a medical or physical condition that may affect completion of the PFT-1? Contact the Minneapolis Hiring Center immediately at CBPHiringmedfitappt@cbp.dhs.gov.

What do I need to do on the day of my scheduled PFT-1? ***Avoid smoking and drinking beverages containing caffeine on the day of your scheduled PFT-1.*** Caffeinated beverages can raise your blood pressure and heart rate, which may affect your ability to pass the medical screening and take the PFT-1. Bring a towel and bottled water as these items will not be furnished at the testing site.



You must also bring a government-issued picture form of identification, such as a state issued driver's license or a passport.

What should I wear on the day of testing? You should dress in clothing suitable for fitness testing (e.g., gym shorts/sweatpants and T-shirt; athletic shoes; sweat socks; and any athletic support garments worn while working out, such as a knee brace).



How can I prepare for the PFT-1? To prepare for the test battery, you should participate in regular fitness activity. Additionally, you are encouraged to practice the actual tests on a gradual and progressive basis until you are able to complete the tests as required. To see the instructions for the test battery and find other fitness test related information to help you, please visit http://cbp.gov/xp/cgov/careers/customs_careers/air_marine/.

